

Acupuncture for the Treatment of Trauma Survivors:

Research Study Questions and Answers

What is the purpose of this study?

The goal of this study is to see whether an Acupuncture Treatment decreases stress, boosts the body's capacity for healing, and increases well-being in soldiers who have experienced a trauma.

Can I participate?

If you are bothered a lot by a past experience in which you thought you would be injured or killed, you are between the ages of 18 and 60, you are in the military, and you are willing to try Acupuncture, you may be eligible for this study.

What are the possible benefits?

You may experience relief of symptoms associated with the trauma as a result of the Acupuncture Treatment. Additionally, your participation may help to improve the care of others in the future.

Are there any risks?

Acupuncture that is properly performed by certified, credentialed acupuncturists is associated with only minimal risk. Completing the study questionnaires may cause discomfort due to the act of thinking about a stressful event. All information collected during this study will be kept confidential.

What is involved?

You will receive 8 Acupuncture Treatment sessions during a 1-month period, and will be assessed periodically throughout the study to monitor your progress. You will be part of the study for 3 to 4 months, depending on the study group to which you are randomly assigned.

Who is running this study?

This study is being conducted by COL Charles C. Engel, MC, Director of the Deployment Health Clinical Center at Walter Reed Army Medical Center, with the support of congressional funding via the Henry M. Jackson Foundation for the Advancement of Military Medicine.

For more information, please call the Deployment Health Clinical Center, Building 2, 3G04: 202-782-8716

